



Every job is a self-portrait of the person who did it. Autograph your work with excellence - Vince Lombardi

Keeping up with the Kitchen

Editorial Board

Mishti Malhotra

In today's time, ensuring healthy lives and eating nutritious food has become imperative to build a prosperous society. At school, we see some students bringing packed lunches and some eating from the dining hall. The question we are here to answer is, which is better?

Chef Narayan has worked in the school kitchens for the past thirteen years. Along with three more cooks, they aim to prepare lunch for 500 children. When asked about the nutrition content in the food, the chef says, "Hum saara khana maan se banate hain aur accha banate hain". In contrast to the growing



Head chef Mr. Narayan (left), organic farming on rooftop (right)

trend of chemical farming in Punjab, Mayor World School grows green vegetables organically. Instead of using naturally contaminated soil, the School farms make use of coco peat, a fertiliser obtained from the husk of coconuts. Not only does it provide a better pH level but also keeps the crops hydrated. Assisted with drip

irrigation technology and natural fertilisers, vegetables such as cucumber, tomato, bottle gourd, broccoli, and more are grown on the rooftop. The mess hall menu is specifically designed according to these vegetables which are carefully sorted a day before cooking them. Besides using organic vegetables for the nosh up, a

balanced and wholesome diet is provided to the students on a daily basis. Variety of detectable cuisines like Indian, Mexican, Chinese and continental prepared in the dining hall, keep the children elated.

Comparing the nutritious benefits of these organically grown vegetables with the foil wrapped pastas, there is no doubt as to which is better. "Students themselves prefer to eat from the school mess and often complain when their parents send them tiffin boxes," says primary grade teacher Ms. Radhika.

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TECH UPDATE

Apple CEO Tim Cook replied to an email sent by a 9 year old Indian girl in Dubai and congratulated her for being the youngest iOS app developer. Hana Muhammad Rafeeq has written over 10,000 lines of coding and has developed a story telling app.

The **Rashtriya Poshan Maah** is celebrated during the month of September under **POSHAN**

Abhiyaan launched in 2018. Its objective is to bolster awareness about malnutrition amongst young children and ensure nutrition for all. In his monthly **MANN KI BAAT** broadcast,

PM NARENDRA MODI stressed combating malnutrition. The **Jal Jeevan mission** is going to have a big impact on making India malnutrition-free. It is envisioned to provide safe drinking water through individual household tap connections by 2024 to all households in rural India. The program will also implement source sustainability measures like **rainwater**

harvesting. However, there stands a big question - "Are you willing to do your part as a citizen of the country and contribute to such schemes started by the government?"



GLOBAL GOSS

Sjonum Walia

QUEEN

ELIZABETH was the UK's longest serving monarch who reigned for 70 years.

The nation suffered a great loss as the queen deceased on 8 September 2022. There are several theories about her death including blood poisoning, pneumonia, and cancer. However, before her death, the queen refused permission for a post-mortem to be conducted, leaving the cause of her death forever shrouded in **MYSTERY**. Now, **Prince**

Charles will become the king of the United Kingdom as the queen's successor. The coronation will be held at the Westminster Abbey between May and July, seventy after his mother was crowned at the same place in June 1953. But, the **puzzling** question stands still - "Is King Charles ready to rule the nation?" What do you think?



SPECTRUM of SEPTEMBER



Grandparent's Day Out

Mayor Galaxy hosted a day out picnic of Mayorites with their Grandparents at the Wonderland Amusement Park. The day was filled with rides and merriment



Adventure Camp

Despite the drizzle, the daunting mayorites of Mayor Galaxy enjoyed their day camp and indulged in adventurous activities



Fancy Dress Competition hosted for grade KGI truly brought out their inner persona through creatively pieced outfits.

Fancy Dress Competition



"A teacher can make or break a student for life"

- VCP Ms. Neerza Mayor

WE THANK YOU FOR ENLIGHTENING OUR LIVES

Teachers' Day

Students of grades XI and XII planned frivolous activities and fun games to celebrate their teachers. With dances, bhangra, role play and music, Teachers' Day was surely the highlight of September.



SPORTS

1



Punjab Open Tennis Tournament
Kritagya Kaushal (VIIC) 2nd Position in U12
Naman Sachdev (VIC) - 1st Position in U12
Krishav Mehra (VIA) and Ganeev Kaur (IVD) - 2nd Position in U10

2



PSEB District Tennis Tournament
Under 14 girls team wins 3rd position
Mehr Tejas Kalayanour (VIID)
Sahar Gupta (VIIC)
Adas Arora (VIIC)
Divneet Kaur (VIII A)
Chahna Kundra (VIIC)

6



PSEB District Tennis Tournament
Under 19 girls team wins 1st position
Kashvi Aggarwal (XIIC)
Rubaab Kaur Padda (XIIA)
Prabhjot Kaur (XIIC)
Lavanya Midha (VIII C)
Shrya Kapoor (VIIC)

3



Roller Skating Championship
Namah Raheja is proud winner of two medals - a gold in lap 3 and a bronze in lap 1 in the Roller Skating

4



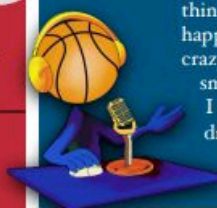
District Swimming Competition
Mannat of grade IX C won two bronze medals in 50m backstroke and 50m freestyle.
Ripukshay Revadev Panwar of grade IX B was awarded a silver medal in 50m freestyle event.

5



Interschool District Gymnastics Championship
Samarveer Singh of grade III D won bronze medal

Javelin Throw Event
Ryan Hastir of grade VIII bagged 2nd position in Javelin throw Event under 14 age group of Junior Punjab State Athletics championship held at Punjab University



After an emotional final match alongside great friend and rival Rafael Nadal on Friday, Federer retired from professional tennis. "I don't think anybody grows up and thinks they're going to win this much," he said. "You're happy with winning Wimbledon titles, which is already crazy, or becoming world number one. Coming from a small country, we don't have a base of many players, so I totally overachieved in my mind. It's been an absolute dream of a run that I've had for so long and I know that, and that's why I'm totally happy to step away as well."



UPCOMING EVENTS



Day Camp grades III - VIII
10th October



Inter School Sahodya Nukkad Natak Competition
15th October



Cyclotrack
16th October



Diwali Celebration
20th October

Our Director's Take on Nutrition

Sanidhya Bhaskar

We are honoured to present the interview of the Director Ms. Sarita Madhok who has been in the Food and Nutrition field for more than 50 years. Starting her journey as a carefree teenager, she claims to be quite a sweet tooth. "I never cared about my nutrition growing up. I despised fruits and used to love having Moong dal halwa and hot gulab jamuns. "Even today, I love a good moong ki dal ka halwa", she states.

How would you describe your nutritional journey?

As a high school graduate, I chose to delve into the field of Food and Nutrition and got my B.Sc. but I began to ponder about what I was actually eating when I did my masters. I dreamed of working with WHO and UN but fate had other plans for me.

What is your take on crazy diets like Paleo diets?

Crazy diets are crazy! Dieting only works when you ration what you eat. You need to spread out proteins, carbs, vitamins all throughout the day. Diets such as juice fasts are completely useless especially if you are having packed juices. Juices do not contain all the essential amino acids the body requires.

What is one habit that you feel has completely altered your health?

My health took a turn for the better when I started hydrating myself as soon as I woke up and stopped having carbs after 7pm.

What is one nutrition trend that you support?

I really support the growing trend of millets. Making use of the 5 types of millets (Ragi, Jowar, Bajra, Amaranth and Kagn) has made a huge impact in my husband's life. Being a diabetic patient, he was able to maintain his blood sugar level due to millets and I would recommend it to all.

What would you say about the growing role of junk food in the daily lives of children?

I think that children should certainly have junk food but once in a fortnight. I highly discourage carbonated drinks that students have taken a liking to. However, I do not believe that junk food should completely be cut out from their lives. Parents should play an active role in maintaining their ward's health.

What does 'Good Nutrition' mean to you?

For me, good nutrition should include Foods to Go (energy giving food), Foods to Grow (proteins) and Foods to Glow (vitamins and minerals). Having a diet which balances all these foods ultimately energises you and makes you feel happy.



The Director Ms. Sarita Madhok



**Foods to go,
Foods to grow,
Foods to glow**

MS SARITA
MADHOK
DIRECTOR

FOOD FACTS



Honey is basically bee vomit. Forager bees collect nectar in their 'honey stomach' and regurgitate it on to the hive.

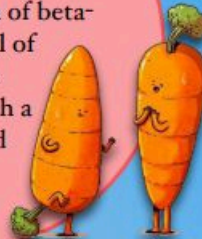


Peanuts are actually an ingredient in dynamite. They have oil in them called glycerol that's used to create nitroglycerin, a key ingredient in dynamite.

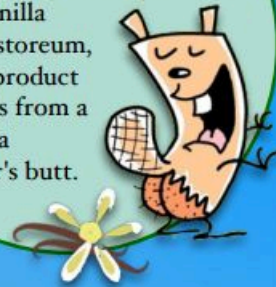


Almonds are seeds, not nuts. According to the Plant Information Center, nuts are "a one-seeded, dry, indehiscent fruit with a hard pericarp, usually derived from a one-locule ovary," but an almond is actually a "drupe."

Eating too many carrots can actually turn your skin orange. This is due to the accumulation of beta-carotene in blood, all of which does not turn into vitamin A. Such a condition is called carotenemia.



Be cautious next time you bake or buy something vanilla-flavoured, because artificial vanilla contains castoreum, which is a product that comes from a gland in a beaver's butt.



| Hi and Lois



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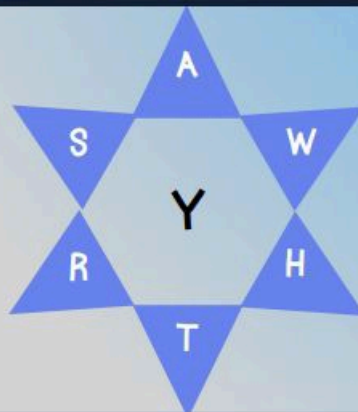
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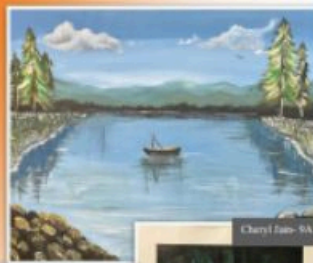
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S P I N A W O R D



How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be repeated but the central letter 'Y' has to be included in all the words. Plurals, foreign words and proper names are not allowed. The one who is able to make the most number of words will be the **winner** of two tickets to a movie show. Please send in your responses to themayortimes@gmail.com

CREATIVE CORNER



Cheryl Jain-9A



Ruhan Arora-11B



Cheryl Jain-9A



Angel Jain-9C

LIFE
 Life is a game,
 Play it!
 If you have an opinion
 Say it!
 Every fruit has its own season,
 Don't get influenced by someone unless for a good reason
 Health is always more important than wealth,
 Always have faith in yourself
 Humans live in houses and bees in a hive
 Just be cool and live your life!

Rajvot Khanna-9C

Jokes Of The Issue

Sandhya Bhaskar-9A

BE STRONG
 The situation in COVID days was tight,
 We needed to be strong and we needed to fight
 At that time, the world was as dull as night,
 But God soon made everything alright!
 Wash your hands and don't bite your nails,
 A good effort never fails!
 You may have felt that your home is a jail,
 But, the world again became as beautiful as a fairytale

Dear Maverick,
 Today I went to a get-together with my friends. I had an extremely fun time until they all started clicking pictures. Since I stepped into adolescence, I have always been insecure about my weight and height. For this reason, I've also become more different and lost many great opportunities that have come my way. All of friends have perfect bodies and height. They all forced me to get pictures clicked too, but instead denied it and made an excuse. I have been doing this for so many years now. But how should I feel okay about my weight and height and embrace that?
 Depressed Dimppling

Dearest Depressed Dimppling
 Feeling lousy and insecure about your shape is completely justified. Everybody gets insecure every now and then. However, you should not let this take over your whole life. If your weight is something that really bothers you, you should start tuning in on Lilly Sar's home workouts or join a fun sports team at school. On the contrary, height is something you have no control over after a certain age. You should know that you're not alone in being the shortest or the tallest. And have a little fun with your height. Maybe you're the only one who can still cram into small spaces unlike your friends. Remember that your physical appearance does not define you.
 You are much more than a couple of inches

Little Munki : Auntie, why do you put that powder on your face?
 Auntie: To make myself look pretty.
 Little Munki: Then why doesn't it work?

There were eleven people hanging onto a rope that came down from a helicopter. Ten were men and one woman. They all decided that one person should get off because if they didn't, the rope would break and everyone would die. No one could decide who should really go, so finally the woman gave a really touching speech saying she would give up her life to save the others, because women were used to giving up things for their husbands and children. When she finished speaking, All the men started clapping...

Ask the Maverick for advice!
 Email at thomascreativem@gmail.com

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